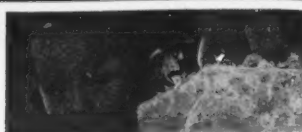


TEEN PREGNANCY OPTIONS

**YOUR
CHOICE FOR
YOUR
REASONS**

PARENTING
ABORTION
ADOPTION



PARENTING

Parenting a child takes a lot of work, money and personal sacrifice. Babies need patience and care seven days a week, 24 hours a day. Are you emotionally ready for this type of commitment?

Ask yourself these questions before you decide if you're ready to be a parent:

- Do you have the money to provide a safe place for you and your child to live?
- Will you be able to stay in school?
- Are you willing to give up your free time to be a parent?
- Will you be able to count on the baby's father, your family and your friends for help?
- Is this the best plan for you?
- Is this the best plan for your baby?

You're not alone

If you do decide to parent, Child and Family Services can link you to other programs such as government's income assistance program and other community resources that will assist you with:

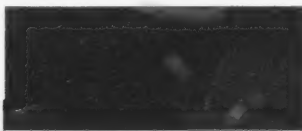
- housing
- prenatal care
- education, and
- parental support

You are also entitled to receive financial support from your child's father.

For more information on the parenting option, please call your local Child and Family Services office, Public Health office, or in Winnipeg, the Adolescent Parent Centre or Villa Rosa. These agencies can help you through your pregnancy and after your baby is born.

YOUR CHOICE FO

It is important to have the facts to help you w
from a professional pregnancy counsellor.
a choice to make and there are people





ABORTION

You may choose to end your pregnancy. While this can be a hard decision, knowing more about abortion can be helpful in making your choice. It's important you talk to a professional pregnancy counsellor or a doctor to talk about everything you need to know.

Legal and safe

In Manitoba, abortion is a legal and safe procedure. Serious complications are rare. You can become pregnant again when you are ready.

Cost

The costs for an abortion done in a hospital are covered under Manitoba Health. That means there is no fee. Abortions are also provided at the Morgentaler Clinic in Winnipeg. Your waiting time may be shorter, but they do charge a fee. If you live in a rural or northern community, a hospital or clinic will help you make travel plans.

Timing

Timing is critical in choosing the abortion option. The limit for ending a pregnancy in Manitoba is 16 weeks, six days pregnant. In some instances, plans for travel outside Manitoba or out of the country can be made if you are further along in your pregnancy.

The process

In most cases, you do not need parental consent for this option. However, some doctors require a parent's or guardian's permission. Every effort is made to protect your confidentiality. The procedure is relatively simple. It will take between 3 and 10 minutes. Most women say the procedure feels similar to your monthly menstrual cramps. You will receive medication to reduce discomfort and a nurse will support you throughout the procedure. Most women are able to go back to their normal activities the next day. Women are always offered emotional support throughout the process — from the decision making to the procedure. Support can also be extended after the abortion procedure, if needed.

For more information on choosing abortion, remember to talk to a professional pregnancy counsellor. You will find helpful numbers on the back of this brochure.

YOUR REASONS

With your decision. More information is available. Don't be afraid to ask questions. You have people who can help you make your decision.



ADOPTION AND GUARDIANSHIP

If abortion is not the best choice for you and you are not ready to parent, you may choose to make a different plan for your baby. There are different adoption and guardianship plans. They include:

- **Formal adoption** This means you give another family the legal right to raise your child permanently.
- **Extended family or community** In this case, a member of your family or community will raise your child. You do not need to go through the courts to choose this option.
- **Guardianship** This means that someone other than yourself takes legal responsibility for raising your child on either a short-term or permanent basis. This can range from an extended family member to a non-family member.

Regardless of the plan you select, you do not need parental consent. However, in most cases, the law requires that the birth father be told of the plan, if he is known. In some situations, the law does not require the birth father's consent. Each situation is unique and can be further explained to you by an adoption agency or lawyer. Once you have signed an adoption agreement, you are allowed 21 days to withdraw your consent in writing and your child will be returned to you immediately.

Placing your baby for adoption can be a difficult decision but you are never alone. Support and counselling is always available. A Child and Family Services worker, a private adoption agency counsellor, social worker and/or lawyer can explain the process and the different types of adoption available to you.

No pressure

You won't be pressured to place your child for adoption if you choose to get more information about adoption. You will get support and counselling to ensure you have all the information you need to make your decision.

Ongoing involvement

You may choose to be very involved in the selection of the adoptive family or have the agency decide on your behalf. You may also decide to remain in touch with the adoptive family.

Plans can be made to exchange information or to have ongoing contact with your child. Each situation is different. You can decide what is best for you with the help of the adoptive parents and the adoption agency.



A teenage pregnancy can be a scary
and confusing experience.

It is important to know that you are not alone.

You may want to talk to your parents,
a family member, friends, or your boyfriend.

There are also other people and resources
to help you make the choice that's right for you.

A pregnancy counsellor will discuss your
options with you. Do not be afraid to ask questions.

There is no need to feel afraid or ashamed.

With the right information, you can make
the choice that's best for you.

A video has been made to help you make
your decision. Ultimately, the choice is up to you.

Please ask the person who gave you
this brochure to see the video that
explains each option available to you.

Your choice, for your reasons.

For information on help available in your area, please contact:

Sexuality Education Resource Centre

204 947-9222
1 800 432-1957
www.serc.mb.ca

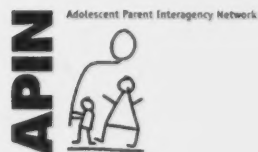
or

Healthy Child Manitoba

Toll Free at 1 888 848-0140
Email: healthychild@gov.mb.ca

For counselling support, please contact Klinik Crisis Line
at 786-8686 or 1 888 322-3019.

All calls and emails are confidential!



Support and funding provided by:



For more copies of this pamphlet, contact Healthy Child Manitoba at 1 888 848-0140.
Ce document disponible en français.

Manitoba



Room 219 - 114 Garry Street
Winnipeg MB R3C 4V6
CANADA

Tel: (204) 945-2266
Toll Free: 1-888-848-0140
FAX: (204) 948-2585

114, rue Garry, bureau 219
Winnipeg (Manitoba) R3C 4V6
CANADA

Tél: (204) 945-2266
Sans frais: 1-888-848-0140
Télééc.: (204) 948-2585

December 2003

On behalf of the Adolescent Parent Interagency Network (A.P.I.N) and Healthy Child Manitoba (HCM), I am pleased to forward to you a copy of the *Your Choice, For Your Reasons* resource package on teen pregnancy options.

In early 2001, members of the A.P.I.N steering committee and HCM began to discuss the lack of written and visual supports available to women when faced with an unplanned pregnancy. Our discussions led to the idea of a video explaining various pregnancy options, such as parenting, abortion, adoption, and other guardianship arrangements. A.P.I.N. and HCM hope that this video will be a useful tool for individuals who are working with adolescents when hard decisions are to be made.

A committee was established to develop the service provider handbook. Many consultations have occurred with organizations that currently work with pregnant and parenting teens to ensure the information presented is factual, accurate and non-judgmental. You will notice in our acknowledgement section a list of organizations who contributed to the development of this handbook.

Should the content of the resource package change at any time, we will send you any necessary updates for you to include in the envelope at the back of the service provider manual. Your contact information has been recorded in our master file.

Thank you for your interest in this valuable resource package. It is important for young women to be able to make informed choices regarding their pregnancy within a supported and non-judgmental environment. A.P.I.N and Healthy Child Manitoba look forward to hearing your experiences and successes using the resource package. If you have any questions, please don't hesitate to contact Ms. Tara Mangano at tmanganost@gov.mb.ca or (204) 945-2785.

Yours truly,

Tara Mangano
Adolescent Development
Healthy Child Manitoba



TEEN PREGNANCY OPTIONS

YOUR CHOICE FOR YOUR REASONS



FOREWORD

This handbook and video were developed to assist teenage women with decisions around their pregnancy. When using the handbook and video, the client's confidentiality and privacy must be respected at all times. Your ultimate goal is to provide your client with the information on the various pregnancy options to support her in taking the first step to connect with a professional pregnancy counsellor. It is also important that you follow-up, when needed, to ensure that a referral is made to an agency listed in this handbook.

For more information on how to use this resource package, please contact Healthy Child Manitoba at 204-945-2266 or toll free at 1-888-848-0140 or the Adolescent Parent Interagency Network at 204-339-0247.



ACKNOWLEDGEMENTS

ACKNOWLEDGEMENTS

The Adolescent Parent Interagency Network (APIN), in partnership with Healthy Child Manitoba (HCM), has developed a video that will explore the options available for Manitoba teenagers who are faced with a pregnancy. A service provider handbook and brochure have been developed to accompany the video.

In early 2001, members of the APIN steering committee and HCM met to discuss the need for written and visual supports for teenaged women faced with a pregnancy. The idea for a video explaining all three pregnancy options: parenting, adoption and abortion generated from our discussions. APIN and HCM hope that this video will be a useful and effective tool for service providers working with adolescents who are faced with the hard decision of determining which pregnancy option is best.

We would like to extend our sincerest appreciation to participants from the following organizations that assisted in the development of the pregnancy options video, service provider handbook and brochure. Your expert knowledge will help APIN and HCM educate pregnant teens on the pregnancy options available to them.

Winnipeg Regional Health Authority
Manitoba Métis Federation
Villa Rosa
Aboriginal Health and Wellness
Manitoba Status of Women
Adoption Options
Manitoba Health
Winnipeg Child and Family Services Branch
Teen Talk
Klinik Community Health Centre
Manitoba Family Services and Housing
Communications Services Manitoba
The Family Centre of Winnipeg
Sexuality Education Resource Centre
Women's Health Clinic
Mount Carmel Clinic
Pregnancy Counsellors Interagency Network
Adolescent Parent Centre

BEING AN EFFECTIVE
SERVICE PROVIDER.



BEING AN EFFECTIVE SERVICE PROVIDER

Addressing Personal Biases and Looking at Boundaries

When counselling a teenager about pregnancy, it is important that service providers are aware of their own personal biases, beliefs and values regarding the three legal pregnancy options in Manitoba. Sometimes, personal beliefs, and values and biases towards a certain pregnancy option may influence the way in which you present a pregnancy option to your client. Communication may be influenced both verbally and non-verbally (body language).

Examples of verbal biases are:

- choosing to promote only one or two pregnancy options
- giving your personal opinion regarding each option
- using vocabulary that is negatively charged. Some examples would be: "Giving your baby up for adoption" rather than "placing your baby for adoption" or "making an adoption plan for your baby". "Abortion is a procedure that kills the embryo or fetus" rather than "Abortion is a procedure that removes the embryo or fetus".

Examples of non-verbal biases are:

- voice tone change for a specific pregnancy option
- stiff body posture
- negative facial expression

In Manitoba, everyone has the right to accessible, comprehensive and reliable information and services on sexual and reproductive health issues. If you cannot openly discuss all three pregnancy options with a client without personal bias, the best thing to do is to refer them to an organization that presents all three options equally and non-judgmentally. (See Chapter entitled "Abortion" for a list of pro-choice organizations).

How do I tell a client that I am not the right person to talk to?

Be honest! Here is a sample response

"Thank you for coming to me regarding your pregnancy. I know someone who can help you. Why don't we call ABC together and make an appointment? In the meantime, here is a video on pregnancy options for you to watch to help you prepare for your meeting. Also, here is a brochure on the three pregnancy options for your consideration."

How do I know if I have any personal biases that may affect my counselling session?

Here are some questions to ask yourself to help determine if you may have a personal bias towards any of the three legal pregnancy options in Manitoba. Please repeat the questions for parenting, abortion and adoption.

- Do you have cultural, personal or spiritual beliefs that may prevent you from accepting and counselling on the option ()?
- Do you feel that a teen can be a good parent?
- Do you think that a teen can make an informed decision in a supportive environment, without parental consent?
- Have you experienced a pregnancy? If so, how did you decide? How has this experience impacted your views on the issue?

What if I am aware of my personal biases and continue to counsel an individual on pregnancy options?

Remember that everyone is entitled to his or her own personal beliefs and values. However, an effective service provider will ensure that those biases don't interfere in the counselling and decision making process of a pregnant teen. If you are unsure about how to manage your personal biases, there are many different organizations that can provide training in the area of pregnancy counselling e.g. Sexuality Education Resource Centre at 204-982-7800.

Pregnancy Counselling Skills Format

Note: The following was adapted from Klinik Community Health Centre's Reproductive Health Counselling Manual.

The counsellor should be experienced and comfortable using techniques that support the client and help her clarify her feelings and beliefs. If you do not feel confident in providing bias-free/non-judgmental counselling, please ensure that the client is referred to an appropriate agency.

It is important to realize that as a counsellor or trusted adult, you cannot make the decision for the client. The professional caregiver's role is to:

1. Provide reassurance that you are not sitting in judgement; rather, you are there to support her (and him) in WHATEVER she (they) decides.
2. Listen carefully and reflect back to your client what she has communicated about her thoughts and feelings about the pregnancy and available pregnancy options. Use neutral language i.e. "partner". If the client was sexually assaulted, using language like "boyfriend" "partner" or "father" is not appropriate.
3. Give her all of the important factual information on each of the pregnancy options and correct any misinformation she may have.
4. Help her explore her feelings, needs, conflicts and concerns.
5. Confirm/explore the circumstances of her pregnancy. Did she give sexual consent?
6. Reaffirm that it is her decision to choose an option. In the case of adoption, the client may need to consult with the birth father.
7. Be attentive to her individual needs and supportive of her feelings in verbal and non-verbal ways.
8. Make all necessary referrals.

NOTE: If the client has indicated that she did not give sexual consent, please contact the Sexual Assault Crisis Program 204-786-8631 or 1-888-292-7565 at the Klinik Community Health Centre.

Tips for the Counselling Session:

Step One: Start by asking the client how she feels about being pregnant. Allow her the time to express how she feels. Ask the client to describe her knowledge of the options regarding her pregnancy. If she indicates only one or two options, identify and briefly explain the other options and alternatives. The counsellor must present all options – parenting, abortion and adoption. This is important because the client may assume that some options may be impossible or not available in Manitoba.

Note: It is important to determine the client's last menstrual period. This is important because if her menstrual cycle was more than 16 weeks and 6 days (16.6) ago, she is not eligible for an abortion in Manitoba. If the client is under 16.6 weeks pregnant, it is important that she knows a decision regarding the option of abortion must be made promptly.

Step Two: Explore the client's feelings about the pros and cons of each option. Discuss how each option might realistically work out and what practical problems need to be overcome. Use the counselling wheel for each option. (See Figure 1.0) It is important that the counsellor let the client talk about how she feels. Examples of open-ended questions, which can be used during your discussion, are listed on the following pages. These examples are in no particular order.

Step Three: Clarify misinformation and myths. Present the most recent and correct information. If you are unsure about any question, ensure that you and the client find out the answer to that question.

Step Four: Support her in a tentative decision. Affirm and support her efforts to reach a decision that is comfortable for her, but leave open the possibility for a change of mind.

Step Five: Make a plan together (if appropriate) to involve her support system (parent, partner, friends etc.) in the decision-making and implementation process. You can assist your client with a rehearsal of the scenario she may need to follow if and when she informs her partner, parents and family.

Step Six: Make referrals for future needs. It is important that you ensure that a follow-up plan is implemented quickly, especially if the client chooses to terminate her pregnancy.

Step Seven: Support your client in making a birth control plan to avoid a repeat pregnancy if applicable. The best place to refer your client for birth control plans is any of the listed agencies in the appendix.



Figure 1.0

General Pregnancy

What are your feelings about pregnancy?

How do you feel about being pregnant?

Note: Explore circumstances of the pregnancy. Was sex consensual?

Who have you told about the pregnancy? What were their reactions?

How are your relationships with your parents, family and partner?

Who do you feel will be most supportive/least supportive of you in whatever decision you make?

What were your plans for the future before you became pregnant?

Parenting:

What are your feelings about parenting?

What do you know about parenting? e.g. contact/experience with babies/children

How will you support yourself and your child?

What is your plan for continuing your education?

What do you think your family's reaction/response will be to finding out you are pregnant? What will they like you to do?

How will your family support you as a parent?

How will you make enough money to pay for food, clothing, housing etc?

How will you plan for child care options if you decide to continue with your education or work?

How will you cope with the demands a baby will place on your free time?

How ready are you to make a lifetime commitment to parent?

How will you cope with the change a child will bring to your personal and social life? e.g. going out with your friends, possibly breaking up with your partner, being a single parent

Will your friends be supportive? If so, in what ways?

How will you parent on your own?

How do you imagine it will feel to be a single parent?

Will you have to delay your education and future goals? Is that all right?

What qualities do you have that will make you a good parent?

What do you think will be challenging for you as a parent?

Do you feel having a child will make you happy?

How willing are you to ask for help when you need it?

Do you currently smoke, drink alcohol or use drugs?

If so, will you be able to stop or cut down during your pregnancy?

What is your understanding of the potential impact of smoking, drug and alcohol use during your pregnancy? (Note: See Chapter on Prenatal and Postnatal Care)

How did you choose/rule out parenting as an option?

Is this the best option for you?

Is this the best option for your baby?

Abortion

What are your feelings about abortion?

What do you know about abortion?

How have you heard about abortion?

Have your views changed over time?

How do you feel about abortion?

Do you have any beliefs and values that may prevent you from thinking about this option?

Do you know someone who has had an abortion?

What was her experience?

Would you like to know about the medical procedure?

How do you feel about having an abortion?

Is anyone pressuring you to have an abortion?

Have you told anyone that you are considering an abortion?

What was their reaction?

Do you know that having an abortion is your choice for your own reasons?

How do you think you would feel (physically and/or emotionally) after having an abortion?

Who will be supportive if you choose to have an abortion?

Who will not be supportive if you choose to have an abortion?

Do you know that having an abortion is a safe and common medical procedure?

How did you choose/rule out having an abortion?

Is this the best option for you?

Adoption

What are your feelings about adoption?

What do you know about adoption? How have you heard about adoption?

Would you like to know more about the adoption process?

What does it mean to you to place your baby for adoption?

How do you think you will feel in making an adoption plan for your baby?

Will you want to have an ongoing and continuous relationship with the adoptive family and your baby?

How do you think you will feel if your birth child wanted to get in touch with you in the future?

What are your thoughts about how you will financially support yourself during the pregnancy?

Do you currently smoke, drink alcohol or use drugs?

If so, will you be able to stop or cut down during your pregnancy?

What is your understanding of the potential impact of smoking, drug and alcohol use during your pregnancy?

Note: See Chapter on Prenatal and Postnatal Care

How do you think you will feel carrying this pregnancy to term?

How do you think the significant people in your life will respond to this decision?

Do you think that the birth father, if he is known, will agree and sign the consent form to place a baby for adoption?

How would you feel if the birth father wanted to assume full parental rights?

Would you want a family member to adopt the baby, rather than someone you don't know?

How did you choose/rule out adoption as an option?

Is this the best option for you?

Is this the best option for your baby?



THE PARENTING OPTION



THE PARENTING OPTION

This chapter details important parenting information to discuss with your client. Parenting is best done when individuals or couples are emotionally and financially stable and when their decision is made for positive and healthy reasons. Many parents may feel a range of emotions throughout the stages of her pregnancy and her child's life. It is important to validate her feelings at all times. Support and counselling are available from listed agencies in this handbook.

Parenting facts:

- If your client continues with the pregnancy and chooses to parent, she is obliged to provide care until the child is 18 years old (excluding the option of voluntary placement after the child is born).
- There are resources in the community that can help with housing, education and training and some of the challenges of parenting.
- She may be entitled to social assistance if she has no other means of support. Housing options are often limited and the mother and baby might be relocated to a neighbourhood that is different from what she is used to.
- She is entitled to some financial support from the child's father, even if he has no contact with the child.
- The child's father may request access to the child, whether or not he is providing financial support.
- Single parenthood is often the outcome of a teen pregnancy.

Why might a client choose parenting?

Explore with the client various reasons why she may be considering parenting as an option. (The questions in the pregnancy counselling chapter can help to lead open-ended discussions).

What if my client needs financial assistance during pregnancy or parenting?

There are several programs available that offer financial assistance to families. They include:

Employment and Income Assistance

Employment and Income Assistance (EIA) is a program of last resort, which provides temporary assistance to persons who have no other means to support themselves and their families. The program focuses on employment as a primary priority for persons who are able to work. Staff work with participants to develop independence through employment.

Participants who are exempt or deferred from work expectations and are financially eligible may be considered for longer term assistance when no other means of support is available. Persons who are 16 or 17 years of age may also be eligible depending on their particular situations and on an assessment by a Child and Family Services agency.

For further information, please call 948-4000, if you live in Winnipeg. If you reside outside of Winnipeg, you should contact the nearest Manitoba Family Services and Housing office or call toll free to Citizens Inquiry at 1-866-626-4862.

Shelter Allowance for Family Renters (SAFFR)

SAFFR is a program that provides financial assistance to low-income families with dependent children to subsidize rent payments. The allowance is based on your current family income, with a maximum monthly benefit of \$180. People on EIA or living in low-income or subsidized housing, are not eligible. For further information, please call SAFFR at 204-945-2611 or toll free at 1-877-587-6224.

Healthy Baby

The Healthy Baby prenatal and community support program assists income-eligible pregnant women to meet their extra nutritional needs during pregnancy. In addition to a monthly cheque to cover the cost of healthy foods, Healthy Baby offers friendly and informal community-based programs and provides information to pregnant and new mothers on pregnancy, child development and healthy eating. For applications/information on the programs in your area, call 204-945-1301 or 1-888-848-0140.

Medical Care for Parents and Baby

Persons who are enrolled with Employment and Income Assistance (EIA) are entitled to certain dental, optical and pharmaceutical supplies and services. For further information about available health services, ask the intake worker when you are completing an application for EIA benefits.

Pharmacare

Prescription drug costs are covered for participants on income assistance (with some restrictions). The Income Based Pharmacare program ensures that those with low incomes can meet their prescription needs. Once you reach your deductible, Pharmacare will pay 100 per cent of your eligible prescription drug purchases for the benefit year. You must apply each year. Application forms are available at any Manitoba pharmacy or from the Insured Benefits Branch of Manitoba Health.

Child Related Income Support Program (CRISP)

CRISP provides a supplement of up to \$30 per month per child. Eligibility is determined by the family's annual income, having a child or children under the age of 18 in their immediate care, and receiving the child tax benefits for those children. The program provides benefits to low income Manitoba families to assist them with the cost of raising their children. Clients receiving EIA are not eligible for this program. Please call CRISP at 1-800-563-8793 for more information.

Federal Child Tax Benefit

A child tax benefit is available for low-income families with children under 18 years. To be eligible for this benefit, an income tax return must be submitted. Contact Canada Customs and Revenue Agency (CCRA) for further information at 1-800-387-1193.

Can a parenting teen continue their education?

Yes, a parenting teen may continue with education. It is very important to encourage high school completion, as this is beneficial when pursuing post-secondary education or full-time employment. Some school divisions discourage the presence of pregnant and/or parenting teens. It is important that your client feels supported in terms of continuing her education. This can have a significant impact on whether or not the young parent drops out of school. Often, a teen parent will drop out of school due to increased family and parenting demands that impact the ability to continue with schoolwork. In Manitoba, there are schools and school divisions that are quite supportive in allowing young parents to continue their education while recognizing the demands of parenthood. If your client wishes to continue their education, a school guidance counsellor can help develop an educational plan.

There are two options for adolescent mothers who wish to complete their high school education. Individuals under 21 years of age may return to high school anywhere in the province. Contact your local school division for further information on education options for pregnant or parenting teens within the province. Those 19 years and over who have been out of school may choose to go to an Adult Learning Centre. There is no cost to attend and registration may be by semester or continuous. Contact your local employment centre for information on Adult Learning Centres or call the Community Learning and Youth Branch at 204-945-3556 or 1-800-282-8069.

Manitoba Student Aid

Manitoba Student Aid can help Manitobans whose finances limit their educational choices. Awards are provided in the form of a Canada Student Loan, Manitoba Student Loan and Manitoba Study Assistance, all based on financial need. Please call Manitoba Student Aid at 204-945-6321 or toll free at 1-800-204-1685.

Child Care

Child care subsidies are available for families of low income. The Subsidy Eligibility Estimator is accessible on the Internet at www.gov.mb.ca/childcare. Applications for subsidy are also available on-line at the same site and can be submitted electronically. Paper copies of the application can be obtained from most licensed child care facilities, as well as from the Manitoba Child Day Care office.

Completed forms must be sent to the Manitoba Child Day Care office to be assessed. Once eligibility has been determined, there will be notification of the amount of subsidy. Subsidies are based on a sliding scale determined by family income, family composition and the cost of care and must be renewed prior to the stated expiry date. Parents may be assessed for a full or a partial subsidy. Approved subsidy payments are made on behalf of eligible parents to the licensed child care facility in which the child is enrolled. In addition to the subsidy provided, a facility may charge parents up to \$2.40 per day, per child, which is not covered by subsidy.

For further information, call Subsidy Information Services at 204-945-0286 or toll free at 1-888-213-4754 or visit our web site at www.gov.mb.ca/childcare.

Please note that families can also search for licensed child care in their neighbourhood by clicking on the Licensed Child Care Search function at the same web site.

What are the legal responsibilities of the birth father?

The father is obligated to provide care until the child is 18 years of age. Some teen fathers are actively involved in their child's life and others are single fathers. However, the reality is that teen mothers often end up parenting alone.

If the young mother decides that she would like financial support from the birth father, she may file for child support payments through the court system. This means she will need a lawyer. Legal Aid Manitoba provides the services of lawyers for a small fee (or without charge depending on income). The service may be used for custody agreements between the parents as well as maintenance enforcement. For more information, please call 204-985-8500 or toll free at 1-800-261-2960.

Parenting Support

Adolescent mothers, who are 17 and under, must be referred to a Child and Family Services agency to ensure that they receive support with pre/postnatal health care, financial support/housing, education/training and counselling. (See chapter on Adoption for a list of Child and Family Service agencies in the province).

To further assist you in making connections and referrals for your client, the Manitoba Women's Advisory Council has published a booklet called *Parenting on Your Own*. It contains numerous additional supports for young women living in Winnipeg, rural and northern communities. Please visit their web site at www.mwac.mb.ca and click on the *Parenting on Your Own* link or call 204-945-6281 or 1-800-282-8069 ext. 6281.

Alternative Education Programs for Pregnant or Parenting Teens

Although the following two programs are located in Winnipeg, any pregnant or parenting teen in Manitoba can participate in these programs.

Villa Rosa

Villa Rosa is a prenatal and postnatal residence for single pregnant women. In-house services at Villa Rosa include school, planning and preparation for when the baby comes, parenting programs, adoption support, medical care, and life skills classes. The focus at Villa Rosa is helping women have healthy pregnancies and healthy babies. For more information please call 204-786-5741 or www.villarosamb.ca

Adolescent Parent Centre

The Adolescent Parent Centre is a school for pregnant and parenting teens. Student's ages range from 13 to 21 years. Babies may attend with their mothers up to the age of two years. The school offers continuous intake. Regular junior high and senior high courses are offered along with mandatory Food and Nutrition and Family Studies. Young mothers and babies benefit from the secure environment while pursuing their high school graduation. For more information please call 204-775-5440 or www.wsd1.org/APC/

THE ABORTION OPTION

THE ABORTION OPTION

Terminology: Abortion and termination of pregnancy are used interchangeably throughout this chapter. Please see page 9 for appropriate language when discussing an abortion.

In Manitoba, a client may choose to terminate her pregnancy up to approximately 16 weeks and 6 days. (Note: This time span can be changed at any time, please call the service providers in the listed section to receive up-to-date information. Failure to do so may result in your client not being eligible in Manitoba for this option). It is important to note that each doctor and/or facility in Manitoba may have different criteria. If the woman is over 16 weeks and 6 days and she still wants to terminate her pregnancy, out-of-province and out-of-country referrals can be considered. If your client chooses this option, she may be responsible for covering all expenses relating to the travel and the procedure. It is important to connect your client to health care professionals immediately while she is still in the early weeks of gestation.

Why might a client choose abortion?

Explore with the client various reasons why she may be considering abortion as an option. (The questions in the pregnancy counselling chapter can help to lead open-ended discussions).

Is abortion legal in Manitoba?

Yes, abortion is legal in Manitoba and Canada. Anyone regardless of age, cultural background or place of residence in Manitoba can obtain an abortion.

Can a client under the age of 18 choose to terminate her pregnancy?

Yes. Anyone under the age of 18 can choose to have an abortion. Some physicians require the permission of one of the client's parents and/or guardian. If the client cannot or does not want to obtain permission from one of her parents, every effort is made to go through a doctor who does not require parental consent. The decision criteria would be based on the person's ability to give informed consent.

What is informed consent?

During the informed consent process, women are told how an abortion is performed and the possible risks and complications that may result from having an abortion. The client is given the opportunity to ask questions and to have her questions fully answered. Before a physician will perform an abortion, he or she will make sure that the client is certain about her decision. Doctors routinely refer any woman who is unsure about her decision for further pregnancy counselling.

For further information on legal rights and access to medical treatment for minors, please call the College of Registered Nurses of Manitoba at 204-774-3477 or 1-800-665-2027 or the College of Physicians and Surgeons of Manitoba at 204-774-4344.

Is abortion safe in Manitoba?

Yes. Under proper medical conditions, an abortion is a very safe procedure. The earlier in a pregnancy an abortion is performed, the safer it is. Less than one per cent experience complications. In rare cases, serious complications can occur that requires follow-up treatment.

It is important that the client follow after-care instructions indicated by the doctor.

How is an abortion performed?

An abortion is a procedure in which a doctor removes the embryo or fetus and placental tissue (contents) from the woman's uterus. The following steps will explain the most common abortion procedure:

- An abortion is a day surgery procedure but may require several prior appointments.
- The cervix needs to be dilated. Various techniques can be used either a few hours or a few days before the procedure.
- Medication will be offered to reduce discomfort and anxiety prior to the procedure.
- During the abortion procedure, the woman lies on an examining table with her feet resting comfortably on a footrest (just like having a Pap test). The doctor inserts a speculum into the vagina.
- The woman's cervix is numbed with an injection of local anaesthetic.
- The physician may further dilate the cervix, if necessary.
- The doctor uses suction to remove the contents of the uterus.
- The walls of the uterus may be gently swept with a loop-shaped instrument called a curette.
- An abortion usually takes between 2-10 minutes. Women may feel menstrual-like cramps both during and after the procedure.
- Medical and nursing staff will watch for any potential complications immediately after the procedure. Recovery time is usually 20-45 minutes.
- It is recommended that a follow-up appointment be scheduled two weeks later to discuss any post abortion issues.

Other Non-Surgical Abortion Options

Although a surgical abortion is the most common procedure in Manitoba, there is another non-surgical abortion (called a medical abortion) option that involves taking medication. This option is only available in the early weeks of pregnancy, up to eight weeks. This option causes the woman to have a miscarriage. Most women choose to spontaneously abort the contents of the uterus at home. The contents resemble heavy menstrual flow. After the contents are expelled from the uterus, the client must return to the doctor for follow-up. This option requires a great deal of commitment from the woman to follow-up with the doctor. A professional pregnancy counsellor or doctor can explain this procedure further to your client. This option is particularly good for women who cannot travel to Winnipeg to obtain an abortion.

Who performs abortions in Manitoba?

In Manitoba, there are three places where a woman can obtain an abortion: (Note: Subject to change at any given time).

Health Sciences Centre – Pregnancy Counselling Clinic (Women's Hospital)

The client is required to schedule an appointment and meet with a nurse to discuss options for her pregnancy. If the woman chooses to terminate her pregnancy, the nurse explains the abortion procedure. A medical assessment, including vaginal examination, is arranged and the abortion is scheduled. The second appointment, a day prior to the procedure, involves preparation for the abortion. On the day of the procedure, the hospital stay is usually 3-4 hours. For women who are coming from areas outside of Winnipeg, every effort is made to ensure special scheduling. Please call the HSC Pregnancy Counselling clinic for more information on referral and travel arrangements for northern and rural clients 204-787-1980.

A follow-up appointment is recommended two weeks after the abortion. The client may go back to the Health Science Centre or to a physician/clinic of her choice.

Private Physicians

There are several Manitoba physicians who perform abortions. These doctors accept clients only through referral by the listed agencies in this handbook.

Morgentaler Clinic

A client can be referred to the Morgentaler Clinic by one of the listed agencies or they may self-refer. The abortion procedure is usually completed during a three to four hour appointment. Northern Health Travel Grant application forms are available from the clinic for individuals from northern Manitoba. The clinic provides abortions from 6-15.6 weeks of gestation. Morgentaler is a private clinic, therefore, the client is responsible for paying a fee. For current fees and travel arrangements, please call Morgentaler at 204-477-1887.

After an abortion, can a teen still become pregnant at a later point in her life?

Yes. Studies show that medical abortions performed by health care providers do not adversely affect a woman's ability to become pregnant and give birth to healthy children in the future.

What are some common feelings of women who choose to terminate their pregnancy?

A woman may feel a mix of emotions—positive and negative—after an abortion. These feelings may be related to her body's hormonal adjustment to no longer being pregnant, her personal characteristics and circumstances, her community's attitude to abortion and by the support she receives from family, friends and health personnel.

Abortion occurs in the context of an unplanned pregnancy. It is important to recognize that everyone is unique in terms of how they may view their pregnancy. Research has shown that most women who have had abortions do not feel long-term regret and depression. Research has shown that the most common psychological response to an abortion is relief at having ended the pregnancy. Women may also feel empowered to have made a hard decision thus allowing them to pursue their goals with confidence. The key ingredients to feeling confident and comfortable with one's decision is a combination of the following:

- The client received equal information about all pregnancy options.
- The client is not pressured into a decision that she is not comfortable with (i.e. service provider bias, parental pressure and peer/partner pressure).
- The client receives supportive and non-confrontational pregnancy counselling.
- The client has a supportive network of friends and family in her life.

While most women feel a sense of relief and confidence in her decision, other feelings such as guilt, grief, shame, regret, apprehension, fear or depression may also occur. It is important that the counsellor explores those feelings with the client by using open-ended questions and the counselling wheel. (See pregnancy counselling chapter). These feelings are unique to each individual. There is no set time within which a person should "get over it." The client will cope with these feelings in her own time and way. As stressed earlier, a supportive network can assist in her healing.

What are the next steps following my client's decision to terminate her pregnancy?

Following the abortion, it is recommended that you support your client in making a birth control plan to avoid a repeat pregnancy. The best place to refer your client is any of the agencies listed at the end of this chapter.

Recap of Abortion process through Manitoba Health:

Step One: Pregnancy counselling (birth control plan, if applicable) at a local health clinic or referral to an organization that provides pro-choice pregnancy counselling.

Step Two: Medical examination by a physician/nurse to determine week of gestation.

Step Three: Referral to a facility that performs abortions (possible out-of-province referrals at expense of client).

Step Four: Post-abortion follow-up including medical examination and emotional support. Develop a birth control plan, if applicable.

Agencies Providing Pregnancy Counselling and Abortion Referral

Note: The following pro-choice organizations are dedicated to women's health. It would be a good idea to refer your client to one of them to receive accurate and non-judgemental information. These organizations will also explore parenting and adoption as options.

Winnipeg

Aikins Street Community Health Centre
601 Aikins Street
Phone: 204-940-2025

Nor'West Community Health Centre
103-61 Tyndall Avenue
Phone: 204-633-5955

Health Sciences Centre/Women's Hospital
Pregnancy Counselling Clinic
Phone: 204-787-1980
(**Note:** Most direct route for rural and northern communities)

Women's Health Clinic
Unit A 419 Graham Avenue
Phone: 204-947-1517

Mount Carmel Clinic
886 Main Street
Phone: 204-582-2311

Health Action Centre
425 Elgin Avenue
Phone: 204-940-1626

Klinik Community Health Centre
870 Portage Avenue
Phone: 204-784-4090

Morgentaler Clinic
883 Corydon Avenue
Phone: 204-477-1887
(**Note:** Most direct route for rural and northern communities)

Rural and Northern Manitoba

Note: Most regional health authorities will refer the client to a service provider in Winnipeg who can discuss abortion.

Please call and ask to speak with the local public health nurse.

Assiniboine Regional Health Authority
Phone: 204-483-5000
Toll free: 1-888-682-2253

Burntwood Regional Health Authority
Phone: 204-677-5353

Churchill Regional Health Authority
Phone: 204-428-2000

Nor-Man Regional Health Authority
Phone: 204-687-1300/1301

Parkland Regional Health Authority
Phone: 204-622-6222
Toll free: 1-800-259-7541

Brandon Health Unit
Family Planning Clinic – Public Health
Phone: 204-726-6217

Central Manitoba Regional Health Authority
Phone: 204-675-8318

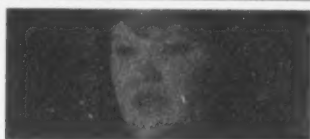
Interlake Regional Health Authority
Phone: 204-467-4742
Toll free: 1-888-488-2299

North Eastman Health Authority
Phone: 204-753-2012

South Eastman Regional Health Authority
Phone: 204-424-5880

Rural and Northern Nursing Stations

For a list of rural and northern nursing stations, please contact your regional health authority office or visit Manitoba Health Rural and Northern Nursing Station Directory at <http://health.internal.phone/phno2001.pdf>.



THE ADOPTION OPTION



THE ADOPTION OPTION

As discussed in the counselling chapter, using language that is disapproving about adoption could steer your client away from considering this option. The following is a list of positive terms vs. negative terms to use in your counselling:

Avoid these terms

Give up
Give away
Surrender
Adopt out
Put up for adoption

Preferred term

Place for adoption
Choose adoption
Make an adoption plan

What is Adoption?

An adoption is the process through which a child becomes a permanent part of a new family.

Note: It's very important to explain what an adoption is. You may assume that your client understands what placing a child for adoption means when in fact they may not. There are numerous myths around the procedures that could prevent the birth mother from making an informed decision.

Why might a client place her baby for adoption?

Explore with the client various reasons why she may be considering adoption as an option. (The questions in the pregnancy counselling chapter can help to lead open-ended discussions). She may make an adoption plan so the baby has the type of life that she is unable to give for reasons at this time in her life (lack of family support, no partner, etc).

How do most young women feel when they decide to make an adoption plan?

Young women may feel many things during the decision period. They may feel relief, strong, calm, at ease, confident and hopeful for the future. They may also feel guilt, shame, confusion, depression, fear and a sense of hopelessness. Counselling is provided throughout this process.

Note: It is important that the client feels comfortable with her decision. Be sure that the client is not feeling pressured from friends, family, partner or the service provider.

What is involved in making an adoption plan?

Counselling, including pregnancy option counselling, decision-making, collection of medical and social history and grief counselling are mandatory in the adoption process. A birth mother can choose the family with whom she is placing the child. She also has the option of having a relationship with them after the birth and placement of the child.

Consent is an important part of the adoption process. Consent means agreeing that adoption is the best option for the child. Before consent to an adoption is given, the effects of that decision must be fully explained and the client should receive independent legal advice in order to make an informed decision.

Parents Under 18

The Adoption Act allows birth parents less than 18 years of age to place the child for adoption. The effects of that decision must be fully explained by a Child and Family Services or a private adoption agency representative, social worker or lawyer.

Birth Father's Role

The Adoption Act requires that the birth father be named and notified of a proposed adoption. The court may dispense with the notice to a birth father if a judge feels it is in the best interests of the child or the father cannot be found.

Consent to an adoption cannot be given until the birth father has been notified or the court has dispensed with this requirement and at least 48 hours have passed since the birth of the child.

After signing a consent for adoption, your client has 21 days to change her mind. Your client can decide to parent the baby by withdrawing her consent (in writing) and her baby will be immediately returned to her. If your client does not withdraw her consent, her rights as the parent end after the 21st day.

What types of adoption agreements are available?

If your client chooses adoption the birth parent (s) will have to make a decision on the type of adoption preferred. There are several types of adoption and guardianship arrangements available:

Formal Adoption

This means that your client will give another family the legal right to raise her child on a permanent basis.

Extended Family or Community

In this case, a member of her family or community will raise her child. She does not need to go through the courts to choose this option.

Guardianship

This means that someone other than herself takes legal responsibility for raising her child on either a short-term or permanent basis. This can range from an extended family member to a non-family member.

Openness Agreements

These can be made in writing between the adoptive parents and a birth parent, adoptive parents of the child's siblings and, in some cases, with members of the extended family or First Nations Band. Contact can range from limited or ongoing visits with the birth family, to exchange of cards, letters and photographs, either directly or through an agency.

Who may adopt?

Your client may wonder about the process a potential adoptive family must go through. Applicants must be Manitoba residents and adults.

What are the steps that an adoptive family must complete?

Application for Adoption

After a family makes the decision to adopt, they apply to Child and Family Services or a licensed adoption agency.

Homestudy and Education Process

A homestudy is an assessment process between the family that wishes to adopt and a qualified adoption social worker. The social worker will get to know the family in more depth and will explore the individual's attitudes, capabilities and expectations. As part of the homestudy process, the family will be required to provide medical reports, financial statements, police checks, child abuse checks and reference letters.

Education for prospective adoptive parents is a mandatory component of the adoption process. Education will help individuals decide whether adoption is right for them.

Post-Adoption Registry

The Post-Adoption Registry provides information, search and reunion services to eligible family members who were involved in an adoption that was granted under any division. The Child Protection and Support Services Branch of Manitoba Family Services and Housing operates the registry. For more information, please contact:

Manitoba Post-Adoption Registry

201-114 Garry Street
Winnipeg MB R3C 4V5
204-945-6964

How will a client feel after the baby is placed?

The birth mother may feel a mix of emotions after she places her baby with the new family. Most birth mothers feel this is the most difficult decision they ever have to make. As well, during the decision to place, she may feel guilt, shame, anger, a sense of loss, "Like things will never go back to normal," alienated and alone and "as if no one would understand." Other feelings may include empowerment to have made a hard decision, stronger, hopeful for the future, relief and at ease.

All these feelings are normal. It's crucial that counselling services are available throughout the adoption process and after. The client will cope with these feelings in her own time and way. As stressed earlier, a supportive network can assist in her healing.

Adoption Agencies That Serve the Following Regions

Licensed Private Agencies Serving All Regions

Adoption Options
1313 Portage Avenue
Winnipeg MB R3G 0V3
Phone: 204-774-0511
Fax: 204-783-3481
Email: reception@adoptionoptions.mb.ca
web site: www.adoptionoptions.mb.ca

Winnipeg

Winnipeg Child and Family Services Branch
6 - 677 Stafford Street
Winnipeg MB R3M 2X7
Phone: 204-944-4360
Fax: 204-944-4395

Assiniboine Regional Health Authority

Child and Family Services of Western Manitoba
800 McTavish Avenue
Brandon MB R7A 7L4
Phone: 204-726-6030
Toll-free: 1-800-483-8980
Fax: 204-726-6775

Dakota Ojibway Child and Family Services
702 Douglas Street
Brandon MB R7A 7B2
Phone: 204-729-3650
Fax: 204-728-1806

Burntwood Regional Health Authority

Manitoba Family Services and Housing - Thompson Region
Thompson Provincial Building
59 Elizabeth Drive
Thompson MB R8N 1X4
Phone: 204-677-6570
Fax: 204-677-6517

Awasis Agency of Northern Manitoba
100 - 701 Thompson Drive
Thompson MB R8N 2A2
Phone: 204-677-1500
Fax: 204-778-8428

Kinosao Sipi Minisowin Agency
P.O. Box 640
Norway House MB R0B 1B0
Phone: 204-359-4551
Fax: 204-359-6013

Island Lake First Nations Family Services
Garden Hill First Nation
Garden Hill MB R0B 0T0
Phone: 204-456-2015
Fax: 204-456-2641

Nisichawayasihik Cree Nation Family
and Community Services
P.O. Box 451
Nelson House MB R0B 1A0
Phone: 204-484-2341
Fax: 204-484-2351

Central Regional Health Authority

Child and Family Services of Central Manitoba
25 - 3rd Street SE
Portage la Prairie MB R1N 1N1
Phone: 204-857-8751
Fax: 204-239-1413

Intertribal Child and Family Services
Fisher River First Nation Office
Box 358
Koostatak MB ROC 1S0
Phone: 204-645-2744
Fax: 204-645-3065

Peguis Child and Family Services
P.O. Box 610
Peguis MB ROC 3J0
Phone: 204-645-2049
Fax: 204-645-2558

Interlake Regional Health Authority

Manitoba Family Services and Housing - Interlake Region
Box 9600 - 3rd Floor Administration Building
825 Manitoba Avenue
Selkirk MB R1A 2B5
Phone: 204-785-5100
Fax: 204-785-5210

Anishinaabe Child and Family Services
General Delivery - Fairford First Nation
Fairford MB ROC 0X0
Phone: 204-659-4546
Fax: 204-659-5877

Nor Man Regional Health Authority

Manitoba Family Services and Housing - Norman Region
Flin Flon District Office
102 - 143 Main Street
Flin Flon MB R8A 1K2
Phone: 204-687-1700
Fax: 204-687-1708

Cree Nation Child and Family Caring Agency
P.O. Box 10130
Opaskwayak MB R0B 2J0
Phone: 204-623-7456
Fax: 204-623-3847

Manitoba Family Services and Housing - Norman Region
The Pas Regional Office
P.O. Box 2550
The Pas MB R9A 1M4
Phone: 204-627-8230
Fax: 204-623-5792

North Eastman Regional Health Authority

Manitoba Family Services and Housing
Child and Family Services - Eastman Region
20 - 1st Street South, Box 50
Beausejour MB R0E 0C0
Phone: 204-268-6162
Fax: 204-268-6222

Southeast Child and Family Services
4th Floor, 360 Broadway
Winnipeg MB R3C 0T6
Phone: 204-947-0011
Fax: 204-947-0009

Sagkeeng Child and Family Services
Box 700
Pine Falls MB R0E 1M0
Phone: 204-367-2215
Fax: 204-367-8510

Parkland Regional Health Authority

Manitoba Family Services and Housing - Parkland Region
Child and Family Services
27 - 2nd Avenue SW
Dauphin MB R7N 3E5
Phone: 204-622-2035
Fax: 204-638-3278

West Region Child and Family Services - Rolling River First Nation
Box 280
Erickson MB R0J 0P0
Phone: 204-622-5200
Toll-free: 1-888-333-5518
Fax: 204-622-5248

Non-Mandated Agencies

Métis Child and Family Community Services
150 Henry Avenue
Winnipeg, Manitoba R3B 0J7
Phone: 204-586-8474, 204-984-9487

THE IMPORTANCE OF YOUR CLIENT'S
PRENATAL AND POSTNATAL CARE

THE IMPORTANCE OF YOUR CLIENT'S PRENATAL AND POSTNATAL CARE

After a client has made the decision to continue with the pregnancy, it is important to support your client in the components of a healthy pregnancy. There are many different services available to support your client's prenatal and postnatal health. The best referral is to your regional health authority.

The following information should not be used as a reason to terminate the pregnancy. Counsellors should not indicate that termination is the best or the only option when drugs or alcohol have been consumed during pregnancy or when clients have alcohol/drug addictions. Appropriate referrals should be made. For more information or if you need to make a referral please call the Addictions Foundation of Manitoba at 204-944-6200 or the Native Addiction Council of Manitoba at 204-586-8395. This applies to all communities in Manitoba.

Alcohol and drug use during pregnancy

- During pregnancy, what a pregnant woman eats, smokes, drinks or takes in affects the developing fetus.
- Alcohol, tobacco, marijuana, over-the-counter drugs, prescription medications and all other drugs have the potential to cause mental and physical problems to the developing fetus.
- Nursing mothers can pass drugs and alcohol through breast milk.
- Alcohol consumption during pregnancy can cause birth defects. Babies born with Fetal Alcohol Spectrum Disorders (FASD) may experience developmental delays, behaviour problems and physical malformations and/or difficulties. Current research suggests that drinking even small amounts of alcohol during pregnancy may result in damage to the fetus.
- There is no known safe amount of alcohol exposure for the developing fetus. Quitting or cutting down on alcohol or drug consumption at any time during pregnancy is beneficial to the fetus.
- Women who drink alcohol or use drugs during pregnancy may require counselling or other assistance to help them reduce their drug or alcohol use.
- For more information on Fetal Alcohol Spectrum Disorders, please contact the FAS Information Line toll free at 1-866-877-0050.

Smoking during pregnancy

- If a woman smokes, the supply of food and oxygen to her fetus is decreased. Smoking reduces the baby's ability to exercise the muscles it will need to breathe on its own at the moment of birth.
- Women who smoke during pregnancy face an increased risk of miscarriage, premature birth and stillbirths. Babies born to mothers who smoke face an increased risk of low birth weight, other health problems and Sudden Infant Death Syndrome.
- Second-hand smoke from mothers and fathers can also harm the baby. Second hand smoke can irritate the eyes or nasal passages and can block a baby's very small airways. Pneumonia and bronchitis are twice as common in young children if their parents smoke.

Marijuana and/or street drugs during pregnancy

- Research suggests that marijuana use during pregnancy can be harmful to the developing fetus. Tremors, exaggerated startle reflexes and abnormal responses to light may be seen in babies exposed prenatally to marijuana.
- Marijuana passes easily through breast milk to the nursing child.
- Second hand smoke from marijuana may also affect the baby.
- Babies born to mothers who use cocaine during their pregnancy may suffer excessive jitteriness, sensitivity to noise and external stimuli, premature birth, low birth weight, other physical difficulties and an increased risk of SIDS.
- Use of other street drugs such as heroin and LSD can cause miscarriage, premature birth, stillbirth, bleeding and low birth weight.

Are prescription and over-the counter drugs safe to use during a pregnancy?

- It is important that your pregnant client consults with her doctor prior to using any prescriptions and over-the-counter medications. The doctor will decide if the benefit of a prescription/over-the-counter medication outweighs the possible dangers to the developing fetus.
- Cough syrups, painkillers, antacids, nose drops, laxatives, sedatives, diuretics and vitamin supplements are drugs that should be used carefully and only on the advice of a doctor.
- Birth control pills or other hormonal contraceptives must be discontinued during pregnancy.

Your client should have regular appointments (once monthly and increasing to once weekly in her last weeks of pregnancy) with a medical professional (family doctor, midwife or other health care provider). Midwifery services can provide your client with increased support for both pre- and post-delivery. Doulas are also available in some parts of Manitoba to provide extra support for pregnant women and mothers. There are many resources in Manitoba to assist your client in finding suitable medical services for her prenatal period. Contact your local public health nurse for a list of services available.

Postnatal care

Dealing with the responsibilities of continuing a pregnancy can be overwhelming, so it is important to look after one's physical health and emotional well being. A woman's postnatal care should include a medical exam by her medical professional six weeks after the delivery of her baby. Poor health may lead to weariness, irritability and depression. Postnatal care should also include birth control counselling and sexually transmitted infection (STI) prevention education. There are many resources in Manitoba to assist your client in finding suitable medical services for her postnatal period including birth control. Contact your local public health nurse or child and family services agency for a list of programs available in your area.

APPENDIX A



APPENDIX A

LIST OF ALL AGENCIES MENTIONED

Sexuality Education Training

Sexuality Education Resource Centre
204-982-7800

24 Hour Sexual Assault and Crisis Line

Sexual Assault Crisis Line
204-786-8631
1-888-292-7565

Crisis Line
204-786-8686
1-888-322-3019

Housing, Financial, Educational and Legal Support

Manitoba Employment and Income Assistance
204-948-4000
1-866-626-4862

Healthy Baby Program
204-945-1301
1-888-848-0140

Federal Child Tax Benefit Program
1-800-387-1193

Manitoba Student Aid
204-945-6321
1-800-204-1685

Parenting On Your Own Handbook
Manitoba Women's Advisory Council
204-945-6281
1-800-282-8069 ext. 6281
www.mwac.mb.ca

Villa Rosa
204-786-5741
www.villarosa.mb.ca

Shelter Allowance for Family Renters (SAFFR)
204-945-2611
1-877-587-6224

Child Related Income Support Program (CRISP)
1-800-563-8793

Community Learning and Youth Branch
204-945-3556
1-800-282-8069

Manitoba Child Care Subsidy Information Services
204-945-0286
1-888-213-4754
www.gov.mb.ca/childcare

Legal Aid Manitoba
204-985-8500
1-800-261-2960

Adolescent Parent Centre
204-775-5440
www.wsd1.org/APC

Medical Associations

College of Registered Nurses of Manitoba
204-774-3477
1-800-665-2027

College of Physicians and Surgeons of Manitoba
204-774-4344

Addictions

Addictions Foundation of Manitoba
204-944-6200

Native Addiction Council of Manitoba
204-586-8395

Fetal Alcohol Spectrum Disorders

FAS Information Line
1-866-877-0050

Pregnancy Counselling, Abortion Referral, Birth Control, Prenatal and Postnatal Support

Winnipeg

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601 Aikins Street
Phone: 204-940-2025

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103-61 Tyndall Avenue
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Phone: 204-582-2311

Health Action Centre
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Phone: 204-940-1626

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Phone: 204-784-4090

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Burntwood Regional Health Authority
Phone: 204-677-5353

Churchill Regional Health Authority
Phone: 204-428-2000

Nor-Man Regional Health Authority
Phone: 204-687-1300/1301

Parkland Regional Health Authority
Phone: 204-622-6222
Toll free: 1-800-259-7541

Brandon Health Unit
Family Planning Clinic – Public Health
Phone: 204-726-6217

Central Manitoba Regional Health Authority
Phone: 204-675-8318

Interlake Regional Health Authority
Phone: 204-467-4742
Toll free: 1-888-488-2299

North Eastman Health Authority
Phone: 204-753-2012

South Eastman Regional Health Authority
Phone: 204-424-5880

Rural and Northern Nursing Stations

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Adoption Agencies That Serve the Following Regions

Adoption

Manitoba Post-Adoption Registry
204-945-6964
1-800-282-8069

Licensed Private Agencies Serving All Regions

Adoption Options
1313 Portage Avenue
Winnipeg MB R3G 0V3
Phone: 204-774-0511
Fax: 204-783-3481
Email: reception@adoptionoptions.mb.ca
Web site: www.adoptionoptions.mb.ca

Winnipeg

Winnipeg Child and Family Services Branch
6 - 677 Stafford Street
Winnipeg MB R3M 2X7
Phone: 204-944-4360
Fax: 204-944-4395

Child Protection and Support Services Branch
Manitoba Family Services and Housing
Suite 201 - 114 Garry Street
Winnipeg MB R3C 4V5
Phone: 204-945-6964
Fax: 204-945-6717
Email: cfsd@gov.mb.ca

Assiniboine Regional Health Authority

Child and Family Services of Western Manitoba
800 McTavish Avenue
Brandon MB R7A 7L4
Phone: 204-726-6030
Toll-free: 1-800-483-8980
Fax: 204-726-6775

Dakota Ojibway Child and Family Services
702 Douglas Street
Brandon MB R7A 7B2
Phone: 204-729-3650
Fax: 204-728-1806

Burntwood Regional Health Authority

Manitoba Family Services and Housing -Thompson Region
Thompson Provincial Building
59 Elizabeth Drive
Thompson MB R8N 1X4
Phone: 204-677-6570
Fax: 204-677-6517

Kinosao Sipi Minisowin Agency
P.O. Box 640
Norway House MB R0B 1B0
Phone: 204-359-4551
Fax: 204-359-6013

Nisichawayasihik Cree Nation Family
and Community Services
P.O. Box 451
Nelson House MB R0B 1A0
Phone: 204-484-2341
Fax: 204-484-2351

Awasis Agency of Northern Manitoba
100 - 701 Thompson Drive
Thompson MB R8N 2A2
Phone: 204-677-1500
Fax: 204-778-8428

Island Lake First Nations Family Services
Garden Hill First Nation
Garden Hill MB R0B 0T0
Phone: 204-456-2015
Fax: 204-456-2641

Central Regional Health Authority

Child and Family Services of Central Manitoba
25 - 3rd Street SE
Portage la Prairie MB R1N 1N1
Phone: 204-857-8751
Fax: 204-239-1413

Intertribal Child and Family Services
Fisher River First Nation Office
Box 358
Koostatak MB R0C 1S0
Phone: 204-645-2744
Fax: 204-645-3065

Peguis Child and Family Services
P.O. Box 610
Peguis MB R0C 3J0
Phone: 204-645-2049
Fax: 204-645-2558

Interlake Regional Health Authority

Manitoba Family Services and Housing - Interlake Region
Box 9600 - 3rd floor Administration Building
825 Manitoba Avenue
Selkirk MB R1A 2B5
Phone: 204-785-5100
Fax: 204-785-5210

Anishinaabe Child and Family Services
General Delivery - Fairford First Nation
Fairford MB R0C 0X0
Phone: 204-659-4546
Fax: 204-659-5877

Nor Man Regional Health Authority

Manitoba Family Services and Housing - Norman Region
Flin Flon District Office
102 - 143 Main Street
Flin Flon MB R8A 1K2
Phone: 204-687-1700
Fax: 204-687-1708

Cree Nation Child and Family Caring Agency
P.O. Box 10130
Opaskwayak MB R0B 2J0
Phone: 204-623-7456
Fax: 204-623-3847

Manitoba Family Services and Housing - Norman Region
The Pas Regional Office
P.O. Box 2550
The Pas MB R9A 1M4
Phone: 204-627-8230
Fax: 204-623-5792

North Eastman Regional Health Authority

Manitoba Family Services and Housing
Child and Family Services - Eastman Region
20 - 1st Street South, Box 50
Beausejour MB R0E 0C0
Phone: 204-268-6162
Fax: 204-268-6222

Southeast Child and Family Services
4th Floor, 360 Broadway
Winnipeg MB R3C 0T6
Phone: 204-947-0011
Fax: 204-947-0009

Sagkeeng Child and Family Services
Box 700
Pine Falls MB R0E 1M0
Phone: 204-367-2215
Fax: 204-367-8510

Parkland Regional Health Authority

Manitoba Family Services and Housing - Parkland Region
Child and Family Services
27 - 2nd Avenue SW
Dauphin MB R7N 3E5
Phone: 204-622-2035
Fax: 204-638-3278

West Region Child and Family Services - Rolling River First Nation
Box 280
Erickson MB R0J 0P0
Phone: 204-622-5200
Toll-free: 1-888-333-5518
Fax: 204-622-5248

Non-Mandated Agencies

Métis Child and Family Community Services
150 Henry Avenue
Winnipeg, Manitoba R3B 0J7
Phone: 204-586-8474, 204-984-9487

Manitoba Post-Adoption Registry

204-945-6964
1-800-282-8069

APPENDIX B





APPENDIX B

- A Healthy Start: Alcohol and Other Drugs Before, During and After Pregnancy: The Addictions Foundation of Manitoba, March 1997.
- Parenting On Your Own Handbook: Manitoba Women's Advisory Council, April 2002.
- Teen Clinic Reproductive Health Training Manual: Clinic Community Health Centre, August 1998.
- Various consultations with social and health services.

